

MBSR-Mindfulness-Based Stress Reduction

Trauma-Sensitive, SEL-informed and EDI-Aware

SEL = Social and Emotional Learning | EDI = Equality, Diversity & Inclusion



- Are you at a tipping point, overwhelmed by the stress of our fast-paced lives?
- Are you experiencing a personal crisis affecting your physical, psychological or emotional wellbeing?
- Are you just looking for a way to get your life back into balance?

The good news is that you already have the resources you need to come back to health and wellbeing, inside of you. MBSR training can help you reconnect to those inner resources.

MBSR, created by Jon Kabat-Zinn, PhD at the University of Massachusetts Center for Mindfulness, is today the most scientifically researched and validated mindfulness program. So, even if you've never heard of mindfulness before, or just want to reconnect with your mindfulness practice, MBSR may be for you.

Mindfulness is the practice of present moment, non-judgmental awareness of one's life experience. Through the use of mind/body techniques, one begins to relate to the stress and anxiety in life in more creative and balanced ways.

What are the benefits of MBSR?

It can help you:

- Improve focus and concentration
- Improve mind-body awareness
- Reduce reactivity, increased calm and better behavioural choices
- Improve ability to handle the ups and downs of life
- Feel kinder to yourself and others
- Improve relationships
- Experience more positive emotions.

MBSR is:

- Taught by experienced MBSR instructors in a safe and supportive learning environment
- Great for beginners and advanced meditators
- A prerequisite for MBSR Teacher Training
- A prerequisite for SMART Facilitator Certification

(Note: this course is live streamed in real time. The sessions will not be available at other times; accommodations will be made for missed sessions.)

This practical courses includes:

This fun, life-affirming, interactive, experiential course runs for 8 weeks and includes:

- Guided instruction in mindfulness meditation practices
- Gentle stretching and mindful yoga
- Small and Large Group dialogue
- Daily home practice assignments
- A silent retreat on a weekend.
- Materials used:
 - Full Catastrophe Living by Jon Kabat-Zinn (Second Edition Sept2013)
 - Guided Meditation app or CD set.
 - Comprehensive Home Practice Workbook (included in the fee)

What is Being Said about the MBSR:

"The MBSR course taught me techniques for managing daily stress and for handling highly stressful situations. The change has been transformational in my life... Most valuable for me was the way it lead me to calm my mind and centre myself. I sleep better and feel that I have found my real "self" again. The instructor was supportive, compassionate and provided profound insights." ~RH, Don Mills

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